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TRAINING TIMES

Vol. 26 No. 9

Serving the 100th Area Support Group communities of Grafenwoehr, Hohenfels and Vilseck

May 10, 2005

Hohenfels celebrates volunteers

BY ALICE ADLER

TRAINING TIMES STAFF

The 282nd Base Support Battalion feted the sometimes unsung heroes of this small community at the annual Volunteer Recognition Ceremony April 21 at The Zone.

The honorees represented most of the agencies on post, including the schools, Scouts, the Red Cross, the chapel programs, the Hohenfels Community and Spouses' Club, the Child Development Center, Army Community Service, and Youth Sports. Each received a medallion and a pin.

To demonstrate the value of volunteers, Jutta Terry, ACS volunteer coordinator, presented Glenn Pietrus of Morale Welfare and Recreation with a symbolically outsized check for \$484,574, the amount the community would have spent to offer the same services.

"This community can hold its head high knowing it has a group of wonderful and caring volunteers," said Beth Holsather, who was named Family Member Volunteer of the Year for her time with the HCSC, the schools, ACS, and the family readiness groups of the 282nd BSB and Company A, 94th Engineer Battalion.

"I always feel that wherever we are assigned, if I am able to make a difference for someone or for that community, then that is all that matters ...," she said of her motives. "I can assure you, it has nothing to do with my husband. I volunteer for me — because I still want to make a difference. I enjoy helping any way and anywhere I can."

Youth Volunteer of the Year went to Jesse Gonzalez for her work with the Catholic Chapel, especially its altar-server program.

The Soldier Volunteer of the Year, Lt. Col. Thomas Weiss, was unable to attend, but his wife, Christie, accepted his award for the more than 2,000 hours he contributed to the Youth Sports program.

Shari Wright, Civilian Volunteer of the Year, was praised for her work with the Hohenfels Girl Scouts.

The following were recognized as the outstanding volunteer for various organizations:

- Sharlyn Burton, CDC;
- Simone Cole, Company C, 1st Battalion, 4th Infantry Regiment;

See Volunteers, page 8



Photo by Alice Adler

Culture smash

Christina Bleicher from the nearby village of Hemau gets into the swing of German-American relations at the Hohenfels Volksfest May 5. This year, the annual event was part of the "95-60-50" celebrations (see *Off post*, page 9) and included tours of "the box," or training area, for curious locals.

Q&A

At the 3rd Brigade Combat Team run May 3 in Vilseck (see page 3), 'Training Times' asked, "What's the most important lesson you learned in Iraq?"



Sgt. 1st Class Alfonso Moore
"Take nothing for granted."

Staff Sgt. Michele Legros

"Say 'hello' to somebody, because you might not get a chance to see them again."



Sgt. 1st Class Jeffery Craig
"Stay together. Stay a team, regardless of what goes on. Everything goes smoother if you just stay a team."

Spec. Jamie Sherwood

"Don't take the little things for granted, like your family. Those things that are really important to you, don't take them for granted."



Col. Dana Pittard
"We are truly all citizens of the world. People are more alike than you think."

Interviews and photos by Kathy Jordan

Dog days of summer imperil pets

BY TAMMY WEIGHTMAN
SPECIAL TO TRAINING TIMES

"Dogs are not our whole life, but they make our lives whole."
— Roger Caras, author

I'm a dog lover and unashamed to admit it. Dogs are magnificent creatures that bring us joy, but, as with children, pets do not come with instruction manuals. Moreover, they cannot always express their needs. Speaking on behalf of my dog, as well as countless other canines, I'd like to share a little insight.

Summer is a few weeks away, and spring has brought some sunny days as well. Most people know they shouldn't leave their pet inside a parked car in the heat, yet if you walked through the Post Exchange parking lot on a hot day, what do you think you would find? Such carelessness could have disastrous consequences: The dog could suffer — or even die — from a heat stroke.

In very warm weather, the temperature inside an automobile parked in direct sunlight can rise by 1.8 degrees Fahrenheit every

minute. At this rate, the interior can become a virtual oven within a very short period. Even a vehicle left in the shade with its windows slightly open can soon become intolerable for any pet.

Dogs are particularly prone to heat stroke, because they rely on panting, rather than sweating, to cool their bodies. Excessive panting can cause a series of metabolic disturbances that can lead to collapse, coma and, in extreme cases, death.

A dog having a heat stroke will be weak, winded or unconscious. If you find one in this condition, treat it as an emergency that requires immediate veterinary attention. The local military police stations will also respond; don't hesitate to call them.

Until help arrives, try to reduce the dog's temperature as quickly as possible. Hosing him with cold

water or immersing his body in a cold bath could save his life.

Because of this terrible risk, leaving your dog at home is far safer. If he must stay in the car for a little while, however, please take the following precautions:

Dogs are particularly prone to heat stroke, because they rely on panting, rather than sweating, to cool their bodies.

Park in a shady spot and make extra shade by draping a towel or a blanket over windows that face the sun's rays;

Always open windows wide enough to ensure good air flow (an inch will not do);

Put a full dish of drinking water in an accessible place; and

Never leave any pet alone in an automobile for longer than 10 minutes.

Again, if you see a dog in danger, call the MPs at 475-8319 in Grafenwoehr, 476-2490 in Vilseck or 466-2812/2713 in Hohenfels.

HISSES

Hiss to the Vilseck Commissary and other on-post facilities that play German radio stations instead of our locally broadcast AFN Bavaria.

The Big Gun does a superb job of putting out important information regarding our communities, and it is a shame that facilities such as the Vilseck Commissary choose not to play it over their sound system.

In the past, when I have asked commissary staff why they do not play AFN Bavaria, I have been given reasons ranging from "it doesn't come in" to "people complain about the music AFN Bavaria plays."

In response to the latter excuse, the German radio stations they play do not edit their songs, so Sunday afternoon shoppers have the privilege of hearing a variety of curse words while they get their groceries. If the former excuse is true, these facilities need to try harder to receive the AFN Bavaria

AND

broadcast and help put out important information that pertains to their patrons.

Dan Fraizer
Grafenwoehr

Hiss to teaching children to rely on others' common sense instead of their own.

I have seen this happen three times now, and I thought I'd better mention it before somebody gets hurt.

On the main road in Vilseck at the stoplight right in front of the military police station, they have Soldiers working as guards to help schoolchildren cross the street. The light will be green for the traffic going straight, but a Soldier will step out with his sign to stop the cars and have the children cross the road while they have a red light for pedestrian crossing.

Why not teach the children the right way and have them wait until the sign is green? This way, they

HURRAHS

will never learn what is right from what is wrong.

While I'm on the subject, I might as well say something about people who just coast through stop signs, or look briefly on the green arrow and go without stopping too.

We also have a lot of rental cars with German plates on post, and drivers of these vehicles seem to think they can roar around at breakneck speed — as the rest of the Germans do.

Heide Knowles
Vilseck

+++++

Submissions to *Hisses and Hurrahs* should be sent via e-mail to the editor at car.matlock@graf.eur.army.mil, or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worthy of mention, if known. Identities of those to be censured or criticized should not be revealed: We wish to invoke only private shame, not public stonings.

Training Times

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Gift to keep deployed troops cooler

BY SPEC. SHERREE CASPER
196TH MOBILE PUBLIC AFFAIRS DETACHMENT

Although the desert has yet to reach its most sweltering point, some deployed Soldiers may stay a little cooler as the mercury continues to rise.

A California couple whose 22-year-old son was killed during Operation Iraqi Freedom II presented cooling vests as a memorial gift in September. Spec. Trevor Anthony Win'E was a petroleum specialist with the 24th Quartermaster Company based in Fort Lewis, Wash., when he was killed on May 1, 2004, two years to the day after he joined the Army.

Debi and Rick Win'E of Orange, Calif., sent 110 cooling vests to their son's former unit and more than 235 of them to others throughout Iraq, including the 1st Infantry Division.

Capt. Theron Ballard, the 3rd Brigade Combat Team's liaison officer, said the Big Red One received 50 cooling vests, which were distributed to each brigade and the 1st Squadron, 4th Cavalry Regiment. Although these units have returned to garrison, the vests have remained in Iraq.

Lt. Col. Michael Brumage, 1st ID surgeon, said the vests cost about \$100 each and were designed to fit under the desert-camouflage uniform and maintain a temperature of about 58 degrees for an hour to 90 minutes. The vests and neck cooler are submerged in cold water and wrung out before cooling packs are inserted into pockets on the front and the back of the garment. These packs can be recooled inside a refrigerator, in a bucket of cold water or near an air-conditioning vent.

Brumage recalled that Win'E "loved his cooling vest, and [his] mother wanted to make other Soldiers as happy as he was.

"This is an amazing act of generosity by Mrs. Win'E in Trevor's memory," he added. "The family must be very strong to overcome their grief enough to think of other

Soldiers. This family sacrificed more than anyone has a right to ask, and yet they continued to show their kindness to others."

Brumage said that the garment works well on convoys when vehicle windows are closed and "the temperature is stifling hot.

"These vests are best used for Soldiers on convoys and on guard duty ... They are ideal for stationary or seated situations in the heat," he said.

Mrs. Win'E said her son originally had orders to go to Korea "but begged his captain to help him change ... so he could go to Iraq with the rest of his company."

When her son was killed, she said that instead of setting up a scholarship in his name, she and her husband "... decided to do something for his Army family" Initially they thought about throwing a

pizza party for the troops, but she said enough money had poured in from generous family and friends that they were able to buy the vests.

"We have so much here in America, but our military is doing such a great job with so little thanks," she said.

The donation was a way of showing their appreciation to the troops.

"These vests are our own personal way to say 'thank you, good job.' If they save lives by keeping a Soldier cool and able to think clearly, Trevor's life is honored."

She added that although her son remains their hero, "so are all of our military out there fighting for us, to protect us here at home."

Mrs. Win'E said that she and her husband had supported their son's decision to join the Army, despite having been afraid for him because of the war.

"But he made a personal decision that we are very proud of," she said. "He joined the Army to better himself. ... He died serving our country. How much more honorable can that be?"

Now downrange

- ★ 11th Heavy Equipment Transport Company
- ★ 94th Engineer Battalion
- ★ 41st Transportation Company



Photo by Kathy Jordan

Big Red run

Soldiers of the 3rd Brigade Combat Team made a victory lap through Vilseck's Rose Barracks during their Duke Trot May 3. Between 2,300 and 2,500 runners turned out, cheered on by schoolchildren who had been given half of the day off. Col. Dana Pittard, commander, said the purpose of the event was "to wake up the community and say, 'The Dukes are back.'" For more photos of unit homecoming festivities, see the next edition.

3rd Brigade thanks those they left behind

BY KATHY JORDAN
TRAINING TIMES STAFF

The 3rd Brigade Combat Team honored 192 volunteers with an awards ceremony April 29 at the reintegration site on Rose Barracks.

"We wanted to recognize every community agency that helped us out during this deployment," said Lynne Romero, family-readiness support assistant for the unit.

Plans for the event had been in the works for two months,

according to Tony Frazier, S3 action officer for 100th Area Support Group Directorate of Plans, Training, Mobilization and Security.

"Third Brigade is saying 'thank you' in a very big way to everyone on post who helped out anybody, from the shelf-stocker at the shoppette to the people at vehicle registration to the dental clinics that were helping dependents and spouses while the Soldiers were deployed," he said. "You hear 'thank you' all the time, but it's nice to get a pat on the

back ... and we are getting 'thank you' from the two biggest bosses on post: Colonel Dana Pittard and Lieutenant Colonel Joseph Moore [commanders of the brigade and the 409th Base Support Battalion, respectively]."

"We are here to award and reward you for the work you did ... for getting reintegration right," Moore said to those assembled. "Everybody in this room deserves more than we could ever repay for the work you did. I am personally

See *Brigade*, page 4

hail & farewell

An overview of staff changes in the 100th Area Support Group

Hail

Sgt. 1st Class Marcia Triggs joins the staff of AFN Bavaria as its new station manager. Triggs arrived in Vilseck fresh from a one-year assignment on the Armed Forces Inaugural Committee in Washington, D.C., before which she worked for the Office of the Chief of Public Affairs at the Pentagon.

Farewell

• Heidi Fedak of the 282nd Base Support Battalion's Morale, Welfare and Recreation marketing department, will leave this month to accompany her husband to

Fort Leavenworth, Kan. There she will pursue her master's degree in news information at the University of Kansas.

- Brenda Braswell, program specialist at Child and Youth Services in Hohenfels, has moved to Ansbach.
- Also leaving the 282nd BSB was Mike Wood, Army Community Service officer, who relocated to ACS in Wiesbaden.

*Submissions to **Hail and Farewell** should be e-mailed to the editor at cara.matlock@graf.eur.army.mil.*

Commissary case-lot sales soon

DECA RELEASE

Local commissaries will join those worldwide in hosting their biannual case-lot sales this month: Grafenwoehr and Hohenfels May 27-28 and Vilseck May 28-29.

Held each year in September and May, the sale allows shoppers to purchase everything from diapers and detergent to cookies and ketchup in bulk at savings of up to 50 percent.

The previous case-lot sale set a new record, with total sales of more than \$11 million.

For complete lists of products to be offered in your store, log on to www.commissaries.com and click on the link.

Patrons are reminded to check with a commissary for date changes or cancellations before driving long distances, as sales may be postponed because of inclement weather or other events.

Phone 475-8489, 476-2921 or 466-2630/2417.

In brief

Bid BSB goodbye

The public is invited to the inactivation ceremony of the 409th Base Support Battalion, May 18, 10 a.m., at Hilltop Field on Rose Barracks in Vilseck.

The BSB ceased daily operations May 3, having merged with the 100th Area Support Group staff.

Be safe this summer

All military personnel and civilian employees must attend upcoming summer safety events held at the Tower View Theater. Local nationals are encouraged to participate as well.

Personnel in Vilseck will board busses in the Post Exchange parking lot May 19, 7:30 a.m., and be transported. They will return at about 3:30 p.m.

Training for those who work in Grafenwoehr will be May 20, 8 a.m. to 2 p.m.

Demonstrations in grilling, rock-climbing, biking and camping will be given, and attendees can try out the "seat-belt convincer" and other simulators.

Supply source

The General Services Administration will offer a seminar May 19, 8 a.m. to 2 p.m., in the 7th Army Training Command conference room, building 621.

Courses in products, purchasing via the Web and comparison shopping are certified for continuing-education credits.

For more information, contact Eric Hooper at DSN (314) 330-7985 or eric.hooper@gsa.gov.

Tropical bash

Celebrate Asian-Pacific Heritage Month at the annual luau at Big Mike Lake, May 21, 11 a.m.

The festivities will feature music, dancing, a fashion show of native dress, games, and foods from the Philippines, Korea, Hawaii and Guam, including a roast pig.

Call 476-3244 for more details.

Temporary outage

AFN Bavaria will not transmit an AM signal May 24, 9 a.m. to 1 p.m., because of work to fire-alarm systems near the antenna.

Relocations, closures

- The Commercial Affairs office for home-based businesses has moved to room 239, building 244, in Grafenwoehr.

- The 100th ASG Directorate of Plans, Training, Mobilization and Security is now located on the second floor of building 244. This includes offices previously in Vilseck, although a satellite office for personnel security remains on the first floor of building 305.

- Transportation motor pool fuel pumps at building 305A in Grafenwoehr will close for repairs May 15 for an estimated 45 days.

- Community Banks will be closed May 16 for a German holiday.

Vilseck class keeps date with 'Kinder'

BY KATHY JORDAN
TRAINING TIMES STAFF

In the hurly-burly of hectic schedules, social obligations can be left hanging. For a group of local German students, however, that would have been verboten.

After sharing their most recent Thanksgiving feast, second-graders from *Volksschule Vilseck-Schlicht* reciprocated by asking their American hosts to spend the morning with them April 13.

As their newly arrived guests from Vilseck Elementary School stood in line, the German children took them by the hand and led them to their classroom. The Americans presented their hosts with gift bags they had made, and the classes sang to each other. Afterward, the 41 visitors introduced themselves *auf Deutsch*.

"My students were looking forward to seeing this class again," said Annemarie Huettner, a teacher at *Schlicht*. "They got to know them last ... autumn. They are interested in getting to know other cultures ... and I think we can learn from each other."

During a question-and-answer session, the Germans asked their peers at which age they had begun school, what time they got up, when their classes began and ended, and which subjects they took. One question that drew a unanimous response from the Americans was whether they had a lot of homework, to which they responded with a spirited, "Yes!"

"With exchanges like this," said their teacher, Pearl Clark, "they get



Photo by Kathy Jordan

Tylisha Wilson finishes her drawing before accompanying her class to *Volksschule Vilseck-Schlicht* April 13. The American children gave their German hosts gift bags of their own design.

to see the different type of classroom. ... They are looking around right now at the chairs, the tables, chalkboard and bulletin board, and they can see, compare and contrast the difference. This classroom is truly not one that we as Americans have in any school. ... This is totally different. They will remember this 20 years down the road, and they will be able to tell their children and their

children's children about the experience they have had. ... They will take from this more than I could ever teach them in a textbook."

Rather than going out for recess, the children stayed inside for a buffet meal of breads, fruits, meats and cheeses. As they ate, the Americans chatted about the visit.

"I would like to do it again," said Michaela Todd. "It's fun to meet German kids. I think other kids

should do it."

"It's very surprising and exciting," said Desiree Spikes. "I never knew that even though somebody was different, it's kind of the same thing, and it's kind of fun. At this school, they have drinks at their seats, and they do a lot of creations."

Barrington Ricketts enjoyed it as well. "It's fun because you get to go to a new school and see what they do. They have a different kind of room and different stuff. I would like to come here again ..."

Huettner felt the meeting had greater significance than a brief schoolroom encounter.

"I think the children will get in touch with other people and cultures," she said. "They will see that they have so much in common. Although they are foreigners, if they go in another country, they will not be afraid of the people, and they will not have the prejudice against other people. They will see they have the same needs and the same problems — like the homework for example. They can see they can have fun with other pupils, and they may get more interested in another language. They may want to talk to them to get to know them better."

"I would like to continue this friendship," Huettner said.

She added that other teachers wished to start similar programs with American classes, encouraged by the success of her own.

"It would help the children if they could hear real English and then use it."

Brigade

Continued from page 3

grateful to you. I know Colonel Pittard is grateful to you, and ... Command Sergeant Major John Fourhman ... as is the entire unit ..."

He added that changes made on post during the deployment had gotten positive reactions.

"I have heard from Soldiers of all ranks how impressed they've been ... with the way the post looks and the improvements that have been made ... and that again is thanks to all of you," Moore said.

Pittard recounted how the community had worked to maintain services for family members in the absence of their spouses or parents.

"If you go back to September 2002 ... we were away from Vilseck 24 of those 30 months ...," he said. "You have supported us throughout Kosovo, supported us when we sent Task Force 1-63 to OIF [Operation Iraqi Freedom] 1. ... You supported [us] when we went to OIF 2. ... Every single challenge you have met and not just survived, but helped us thrive, and we thank you."

The awards given featured a print

by Staff Sgt. Carlos Arguello of 106th Finance Battalion titled *Dukes of Diyala*. After the ceremony, Pittard explained its significance.

"That is becoming the symbol of our brigade combat team ...," he said. "The Soldier in the foreground represents the Soldiers that we lost. ... He represents one of 36 Soldiers we had that died in Iraq. We had 300 wounded, and it represents them too. ... The mosque you see in the print is An Najaf ... It means a lot to us."

"The name 'America's Brigade' is not just something we made up," he continued. "The CENTCOM [U.S. Central Command] commander General John Abizaid called us that ... because of the number of full-spectrum kinds of things we were doing and the success we were having in the Province of Diyala. That's why we are called the 'Dukes of Diyala.' "We couldn't have done all we did without the support of the families and communities," he added. "We wanted them to have at least a piece of that."

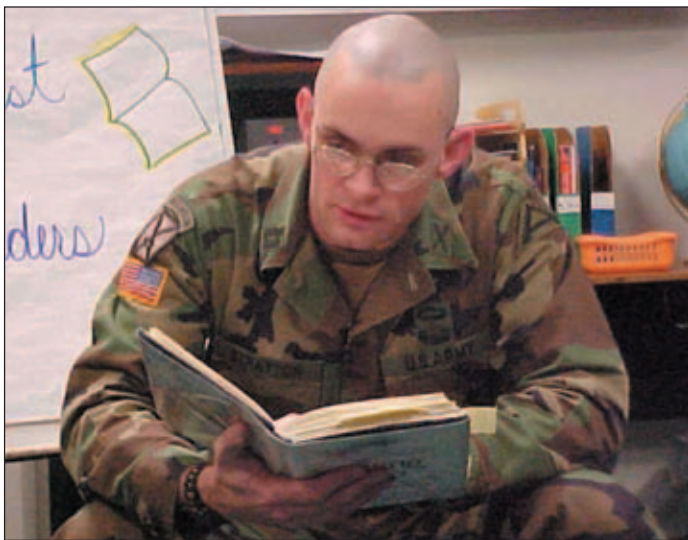


Photo by Suzanne Bidingier

Rhyme scheme

Grafenwoehr Elementary School celebrated National Poetry Month with Poetry and Popcorn Night April 14. More than 30 guest readers, such as Capt. Larry Stratton (above), shared favorite verses. Classes performed raps, young poets recited works they had penned for the school contest, and students dramatized poems using props or sang them set to familiar tunes. Others expressed themselves by drawing or writing acrostics. Many browsed the PTSA's book fair, which ended with prizes for 15 readers. The event drew more than 200 people, who munched on popcorn provided by Tower View Theater.

German culture 101

Blest be tie that binds: church ‘und’ state

BY MARTINA BIAS
SPECIAL TO *TRAINING TIMES*

After the election of the new pontiff last month, a headline in one major German newspaper proudly proclaimed, “We are pope.” Bavarians especially are proud of Benedict XVI, né Josef Ratzinger, who was born in Markt am Inn, a village between Salzburg and Munich. The Vatican’s choice has cast the nation and its attitudes toward religion into the spotlight.

Americans might be astounded to learn that separation of church and state — an issue that provokes vociferous debate in their own country — does not exist in Germany. Indeed, the government here funds churches by levying taxes, a system that has pros and cons.

On the positive side, salaries and the upkeep of their often splendid buildings are funded, which leaves offerings free for missions or charities. Unfortunately, some citizens see no need to attend, feeling they have done their duty by paying this tax. Perhaps consequently, local churches are frequently empty on Sundays.

A German’s denomination is noted on his birth certificate. If both parents belong to the same faith, their child will share it; should the two differ, they must decide. Infants are usually baptized before they are 6 months old.

When Germans say they belong to a church, they mean not a certain congregation but rather the Catholic or the Lutheran faith. Among natives, as opposed to



Photo by Alice Adler

The new pope, Benedict XVI, a Bavarian born Josef Ratzinger, was a theologian at the university in Regensburg, a city from which Christianity once spread throughout Germany and beyond by way of the Danube. St. Peter’s cathedral (above), begun in the 13th century, is made of limestone and green sandstone, both of which are particularly prone to erosion, but church taxes collected by the German government ensure that such magnificent facades are maintained.

immigrants from Turkey and other Eastern European countries, these are the predominant religions. As a general rule, Lutherans compose the majority in the northern part of the country and Catholics in the southern, with regional exceptions.

Compulsory religious studies begin in preschools, most of

which are church-run. In small communities that have one *Kindergarten*, however, children of both faiths may attend, and their lessons are broadly Christian. Religion is also required for older students, who are separated by denomination and instructed by a teacher or a pastor.

In the spring, 9-year-old Catholics take their first Holy Communion, and Lutherans who have reached the age of 14 are confirmed. A large portion of the congregation might attend these longer worship services, after which families and their friends celebrate with festive meals, as

well as lots of presents for the honored child.

Although church weddings are still the norm for German couples, they are not legally binding without a civil ceremony in the town hall.

Even a citizen who does not practice his faith is unlikely to renounce religion — and with it, his chances of a traditional church burial — officially.

The above practices apply in the states of what was once West Germany but differ a little among those in the former East Germany, where the Communist regime took a dim view of church affiliation. In the decidedly undemocratic *Deutsche Demokratische Republik*, or DDR, for example, religion was prohibited to all government employees, including clerks. A friend of mine was the secretary for the chief administrative officer of her district before the Berlin Wall came down. As such, she was forbidden to be married by a pastor or have her child baptized.

Since the country’s reunification, these restrictions have, of course, been lifted, but the reestablishment of religion has been slow. Within the new states, it is an elective in school, where children must take the decades-old *Staatsbuergerkunde*, or “citizen studies,” a subject not on the curriculum for their western counterparts, and families tend to observe *Jugendweihe*, a rite of passage into adulthood, instead of confirmation or Holy Communion.

Red cabbage, green salad colorful accompaniments

BY MARTINA BIAS
SPECIAL TO *TRAINING TIMES*

Aside from sauerkraut, cooked red cabbage is probably the vegetable most widely associated with Germany. Spicy and mildly sweet, it is ubiquitous on local menus, offered alongside pork, veal, venison, duck and goose. It would also be excellent with the *Rouladen* and *Semmelknoedel* featured in the two previous editions.

Lightly dressed greens would complete this meal to perfection. The recipe that follows is for the only salad dressing I knew during the first 15 years of my life and has been used in my family’s restaurant for several generations. Its method of preparation is completely different from that of French vinaigrette, as the oil and the greens are added to the other ingredients at the same time. After a quick toss (usually by hand), the salad is immediately removed from the vinaigrette and served at once to keep it from becoming soggy. To add color and a few vitamins, I often throw in some halved cherry tomatoes and sliced cucumbers.

Together with the two that preceded them, these dishes form a traditional Sunday lunch.

Guten Appetit!

Rotkraut (Serves six)

1/2 medium head red cabbage, sliced or diced
1 tablespoon oil

- 1/2 cup chopped onion
- 1 medium apple, quartered
- 3 tablespoons red wine vinegar
- 1 tablespoon sugar (or more, according to taste)
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon ground cloves

Bring a large pot of lightly salted water to a boil. Add cabbage and boil for one minute. Drain. Return to pot and stir in remaining ingredients. Cover and simmer for one hour or until cabbage is tender. Remove bay leaf.

Note: Red cabbage goes by several names in Germany. “Kraut” and “Kohl” both mean “cabbage,” and its color is described as red or blue. Thus, in a grocery store or a Gasthaus, it may be called “Blaukraut,” “Rotkraut” or “Rotkohl.”

- Greens with German vinaigrette (Serves six)**
- 2 cups water
 - 1/3 cup balsamic vinegar
 - 3/4 cup sugar
 - 1 teaspoon salt
 - 1/2 teaspoon ground white pepper

- 1/4 cup minced dried onion (or 1/2 cup finely chopped fresh onion)
- 1 teaspoon dried dill weed
- 1 head lettuce (Boston, for example) or equivalent amount other greens
- 2 tablespoons vegetable oil
- 1 cup cherry tomatoes, halved (optional)
- 1/2 cucumber, thinly sliced (optional)

Place the first seven ingredients in a bowl and mix until sugar has dissolved (this can be done a day ahead; just cover and refrigerate until ready to use).

Separate lettuce leaves and wash under running water. Pat dry. Remove tough base and stem of each leaf and tear into bite-sized pieces.

Pour liquid mixture into large bowl. Add oil, then greens and tomatoes and cucumbers, if desired. Toss gently with your hands. Remove salad from bowl, letting excess dressing drip off slightly. Serve immediately. Discard remaining vinaigrette.

If you have ever wondered why Germans do certain things, or if you have a favorite German dish and would like to recreate it at home, e-mail your questions and comments to martina.bias@us.army.mil. One of your suggestions could be used for a future column.

Palatial Potsdam

Stories and photos by Alice Adler

“A plethora of palaces” is a suitable sobriquet for Potsdam, the capital of the state of Brandenburg. Two dozen kilometers southwest of Berlin and accessible by the *S-Bahn*, the imperial city is rich in royal residences.

Many of them surround *Sans Souci* Park, a vast green expanse elaborately landscaped and criss-crossed with walking paths. The best-known bears the name of the park in which it stands: *Schloss Sans Souci*. French for “free from care,” the name is an apt one for the retreat of Prussian monarch Frederick I (also known as Frederick the Great), who went there to escape his political duties.

Schloss Sans Souci contains Frederick’s extensive collection of paintings, as well as many fine examples of 18th-century furnishings and architecture. Its gardens, filled with terraces, flowers and fountains, are perfect for a stroll.

The nearby Orangerie was erected between 1851 and 1864 to store delicate plants during German winters and is still used for that purpose. Beside it is a huge Dutch-style windmill, the *Historische Muehle*. Like the faux-Roman ruins visible on a faraway hill, this folly was constructed at Frederick’s behest simply to give his grounds atmosphere.

A few kilometers away is the *Neues Palais*, the royal family’s summer residence and the largest in the park. To play up the leisurely theme, one room was decorated entirely with shells and fossils, and another hung with scores of stuffed hunting trophies.

Walk to the south side of the park to see *Schloss Charlottenhof* and its Roman baths — another homage to antiquity and never used.

The newest addition to the complex, *Schloss Cecilienhof*, was built between 1913 and 1917 and



Frederick the Great used *Schloss Sans Souci* as his refuge. It is shown in detail (left) and in the distance from its bloom-filled garden (above).

served as a royal residence until May of 1945. Leaders from the Allied powers — President Truman, Winston Churchill and Joseph Stalin — met there for the Potsdam Conference to carve up a defeated Germany.

The *Altstadt* contains less regal sights, the most unusual being the *Hollaendisches Viertel*, or the “Dutch Quarter,” with its 134 gabled red-brick houses constructed for workers whom Frederick brought to Potsdam from the Netherlands. Now shops and cafes, they allow a gradual return to the modern world.



The Orangerie still protects exotic plants, such as palms and aloes, during the cold months.



Built as a summer residence, *Neues Palais* (above) is the largest in *Sans Souci* Park, where the colorfully planted grounds are tended by a team of gardeners (left) — and delightful to tour.



During a ceremony in Potsdam April 30, *Langen Kerls* spoof Gen. Friedrich Wilhelm August von Steuben’s tactics with the Continental Army.

Diplomatic symbol draws dignitaries to imperial city

Germans and Americans celebrated the history — and the future — of international friendship April 30 in Potsdam, by rededicating a statue of Gen. Friedrich Wilhelm August von Steuben, a Prussian officer who became the first inspector general of the U.S. Army.

Von Steuben trained Gen. George Washington’s troops during the Revolutionary War, and the statue that stands in this city southwest of Berlin is a copy of one in Washington, D.C., given to Kaiser Wilhelm II in 1911 to reinforce German-American ties. It stood near the imperial *Stadtschloss* until it was toppled by bombing near the end of World War II.

Postwar Potsdam fell within the Russian zone of occupation, which became East Germany. As the Communist government had no desire to restore a memorial to Prussian militarism, the ruins of the *Stadtschloss* were destroyed, and the statue was placed in storage until it was melted down for scrap metal in the 1950s.

After the Berlin Wall was torn down in 1989, a new replica of the statue was erected near the only surviving buildings of the *Stadtschloss*, the imperial stables, now the House of Brandenburg-Prussian History, on Nov. 28, 1994, the bicentennial of von Steuben’s death.

About 200 guests, including numerous representatives of the U.S. Army, Air Force and Navy, as well as military and political officials from several European countries, attended the ceremony last month. Many German and American members of the von Steuben family were also present.

Jann Jakobs, lord mayor of Potsdam, opened with a welcome, after which Maj. Gen. Walter Wojdakowski, acting deputy commanding general, U.S. Army Europe; John Cloud, charge d’affaires of the U.S. Embassy in Germany; Henning-Hubertus Baron von Steuben, president of the Von Steuben Family Association; and Lt. Gen. Stanley Green, inspector general of the Army, spoke.

Each emphasized von Steuben’s role in the formation of the U.S. Army, and thus his impact on its modern incarnation.

“He provided tutelage to the leaders of our force in its infancy,” Wojdakowski said. “Today we reap the

benefits of General von Steuben’s work ...”

As an example, Wojdakowski pointed out that “[he] came to America to fight side by side with other nations,” tracing this trend to the present, when democracies of the world have united in hopes of making the world a safer place.

Cloud described his subject as “a man American schoolchildren have learned about for decades ... instrumental in insuring independence for all ...”

“Discipline, hard training, integrity and leadership ...” began Green, “these principles live on today in the U.S. Army. [Von Steuben’s] enduring legacy has earned him a place alongside the Founding Fathers of our nation.”

Von Steuben’s assistance to Washington began a long history of cooperation between the two men’s countries. Cloud called the rededication of the statue “symbolic of the deep roots underlying the German-American relationship.”

Green stressed that the nations have continued working together. “America and Germany have stood shoulder to shoulder around the world doing what is right for freedom-loving people. Let this day serve as a reminder of our common bonds of liberty and democracy.”

Fanfarezug Potsdam, a prominent drum-and-bugle corps, played, and the group *Langen Kerls*, dressed in period costumes, performed a skit about von Steuben’s training of the Continental Army.

Finally, dignitaries unveiled new plaques to restore the inscription on the pedestal destroyed in WWII. It reads as follows:

To the German Emperor and the German people by the Congress of the United States of America as a symbol of enduring friendship. Replica of the monument for General Friedrich Wilhelm August von Steuben. Born in Magdeburg 1730, died in the state of New York 1794. Erected in Washington in grateful recognition of his service to the American People in their struggle for liberty.

After the ceremony, guests adjourned to a reception, then toured a museum exhibition about von Steuben and his life and work in the United States.

One of the relatives who visited for the day’s events was Lt. Col. Richard von Steuben, an American member of the family. Coincidentally, like his famous forebear, he is an inspector general, though for the National Guard Bureau.

Every two years, German and American members of the extended von Steuben family meet for a reunion, which this year swirled around the rededication ceremony and served as Lt. Col. von Steuben’s introduction to his far-flung kinsmen.

“We’re getting the opportunity and the thrill of meeting our German cousins,” he said.

The von Steuben exhibit will be on view in the House of Brandenburg-Prussian History through June 30.

Who was this storied von Steuben?

Friedrich Wilhelm August von Steuben was born in Magdeburg on Nov. 15, 1730. By age 17, he was a cadet in the Prussian infantry. After a varied career in several European militaries and other branches of government, he was advised by a friend, the French minister of war Count St. Germain, to aid the American Colonies. He landed in Portsmouth, N.H., on Dec. 1, 1777, and

volunteered to work, unpaid at first, with Gen. George Washington in Valley Forge, Penn.

Arriving on Feb. 23, 1778, von Steuben found the Continental Army in a terrible state. Supplies went unaccounted, and the troops were completely undisciplined, showing no respect for the officers. Von Steuben immediately

See von Steuben, page 9

In brief

'Wiz' kids

Local children, under the direction of the touring Missoula Children's Theatre troupe, will present *The Wiz of the West*, an updated spin on the classic, *The Wizard of Oz*.

Performances are scheduled May 14, 2 and 6 p.m., in the Community Activities Center. Admission is \$3 for adults, \$1 for children and, for a family, \$7 for one show or \$12 for both.

For more details, call 466-2078.

Seasonal safeguard

Summer safety training is set for May 13, 8:30 a.m., beginning in the post theater.

Civilians and Soldiers are required to participate, and local national employees are urged to do so.

For more information about the event, see *In brief*, page 4.

Graduates sought

The Servicemember Graduate Recognition is set for June 9.

Any servicemember who has or will have attained an associate's, bachelor's or master's degree during the 2004-2005 school year should contact the education center by May 13.

Call 466-2627 for information.

Catcalls

The Hohenfels Veterinary Clinic will see patients for vaccinations, health certificates and illnesses May 16 and 31.

Pets traveling to America this summer must have a trilingual health certificate issued by a veterinarian within 10 days of the flight. Vaccinations are required annually and must be given at least 30 days prior to a health certificate.

To make an appointment, call 466-4560 Mondays, Tuesdays, Wednesdays and Fridays, 9 a.m. to 12 p.m. The clinic is located one block past the commissary in building 746.

Parental forum

The Child and Youth Services Parent Advisory Committee will meet May 24, 12 p.m., in building 96.

Those whose children are enrolled in the Child Development Center, hourly care, School Age Services, Family Child Care and Teen Services are invited to take a lunch and discuss these programs.

Parents earn one point for each meeting attended; accrue five points and receive a 10-percent discount on a month's child care.

Return reads

The education center staff is beginning an inventory of their resource materials.

Borrowed ARs, FMAs, PAMs, CLEP or GED study guides and the like should be returned to the Army Learning Center as soon as possible.

JROTC gets jump on leadership

BY ALICE ADLER

TRAINING TIMES STAFF

Hohenfels students in JROTC will get a head start on college Memorial Day weekend, when the 20 who go on the annual staff ride to Slovenia will earn up to three university credits for their trip.

Every year, local cadets travel to the site of the World War I Battle of Kobarid (aka the Battle of Caporetto), having first researched it, especially the role of a certain young lieutenant, Erwin Rommel, who later gained fame in North Africa as Adolf Hitler's Desert Fox.

Retired Army Maj. Dan Parker, JROTC instructor, splits his class into opposing sides — the Italian army and the Austro-Hungarians — and asks them to suggest solutions to various military problems from their assigned point of view. After writing operations orders for each, they compare them to what actually occurred.

Each student who chooses to



Photo by Alice Adler

On a bluff overlooking a Slovenian valley, Courtney Green briefs her fellow JROTC cadets during last year's staff ride.

visit the battlefield is assigned a block of time on which he will brief his classmates about the movements of Rommel and his troops on the grounds where they fought.

Their research is sufficiently exhaustive that beginning this year, the University of Colorado in Colorado Springs will give partici-

pating cadets up to three college credits in a leadership course — at the significantly reduced fee of \$55 each — which may be transferred to any U.S. university. Classroom study is worth one credit, the trip earns a second, and the preparation of a briefing garners a third.

"It's so much work," said Parker.

"It's nice to offer the college credits."

Although such incentives have been available to JROTC students in other areas of training, this marks the first time that the staff ride will earn credits in leadership, a class offered as part of the University of Colorado's ROTC program.

Parker and his unit established the program with university officials, but their efforts will benefit cadets around the world as JROTC instructors, including those in the Navy and the Air Force, set up staff rides of their own.

"That's well over 5,000 units that have access to this program," Parker said. "In the States, they could go to places like Gettysburg or Bunker Hill."

"We've had pretty positive feedback from the parents and kids," he added, both of whom relish the students' opportunity to get relatively inexpensive college credits under their belts before they are fully out of high school.

Volunteers

Continued from page 1

- Miriam Gonzalez, St. Michael's Church;
- Jackie Graham, Hohenfels High School;
- Susan Green, HCSC;
- Holsather, 282nd BSB Community Group and 94th Engineers;
- Sandra McMurtrey, Co. D, 1/4 Infantry;
- Heather Pratt, Headquarters

- and Headquarters Company, 1/4 Infantry;
- Molly Sippio, Company A, 1st Military Intelligence Battalion;
- Terry Tennant, All Nations Church;
- Lt. Col. Steven Vass, Boy Scouts;
- Weiss, Child and Youth Services Youth Sports;
- Heidi Witt, 100th Area

- Support Group Army Family Action Plan; and
- Shari Wright, Girl Scouts.

Holsather closed her speech by encouraging those assembled to continue their efforts. "Volunteer any way you can," she said. "It can make a difference for someone and for your community, but most of all, it can make a difference in you."



Jesse Gonzalez



Hohenfels hoedown

Duke Samouche and Toby Green (left to right) gather up the losing chips after a spin of the roulette wheel at the annual Wild West Night fund-raiser April 23 at The Zone. Cowboys and cowgirls who turned out line-danced, karaoked and tried to avoid being arrested by the sheriff's deputies, such as Mike Crane, shown taking his oath of office (below). The Hohenfels Community and Spouses' Club raised more than \$5,000 for its welfare fund, which is used to give scholarships and grants.

Photos by Alice Adler



Off post

- Active-duty personnel, Reservists, National Guardsmen and their families (up to three direct dependents) are eligible for a free day's admission to any of the Anheuser-Busch theme parks: Sesame Place, Busch Gardens in Williamsburg and Tampa Bay, and Sea Worlds in San Antonio, Orlando and San Diego. The offer runs through Dec. 31. Register at www.herosalute.com or any of the locations above and present a military ID card. Dependents may take advantage of the offer without their servicemember, but an adult must accompany minors.

- In the final weeks of World War II, the Allies bombed the town of Grafenwoehr on April 5, 1945, and again three days later. In remembrance of this, the local military museum will host 60 Years of the U.S. Army in Grafenwoehr, featuring period photographs and equipment, through Aug. 31. The exhibit is one of the so-called "95-60-50" events (which will run through July 4) to commemorate jointly the 95th year of the Grafenwoehr Training Area, the 60th anniversary of the U.S. Army's postwar arrival in the area and the 50th year of the *Bundeswehr's* existence.

Libraries

The theme for this year's summer reading program is Dragons, Dreams and Daring Deeds. Events will include movies, crafts and story hours featuring knights, medieval beasts and ladies fair. He who reads the greatest number of books will receive a prize. In Grafenwoehr, the program will run May 31 to June 30; children may register beginning May 17. Hohenfels dates are July 4 to Aug. 15. For the Vilseck schedule, call 476-1740.

**Army Community Service
Grafenwoehr**

Money management will be the focus of a class May 25, 1 to 3 p.m. Call 475-8371 to sign up.

Vilseck

- Pregnancy tips and labor techniques will be taught May 18 and 25, 1 to 2:30 p.m.
 - Learn to prepare a federal resume in the Resumix system May 19, 1 to 3 p.m.
- Phone 476-2650 to register for either of these classes.
- Army Family Team Building will host



Photo by Kathy Jordan

Piece of the action

Members of the Vilseck Middle High School Chess Club engage in battles of wits as the tournament season winds down. Of the 18 students who started, eight remain, and those who have played in 10 or more of the final trials will each receive a certificate and a trophy. Anyone interested in joining next year should talk to Frances Hasson, English teacher.

Hugs and Kisses, a day of discussions about conflict management, communication skills, and stress and time management, May 24, 8:30 a.m. to 2:30 p.m. To sign up, call 476-2797.

Hohenfels

- The monthly newcomers' orientation will run May 16 to 20. Tour on-post agencies, learn a little German, go shopping in local towns, take the train to Regensburg and have lunch in a *Gasthaus*.
 - Six-week courses in American customs (for Spanish-speakers) and basic conversational German will begin May 25.
- Register for any of the above by calling 466-4860.

Clubs and organizations

Members of the Society for Creative Anachronism learn about medieval Europe by doing more than touring castles. For them, attending coronations, sword-fighting, dancing at court, reading heraldic symbols and drinking from a horn while

seated around a campfire are commonplace. The local chapter reenacts medieval life in Hohenfels, Vilseck and Grafenwoehr. To join them, attend their next meeting, May 19, 7 p.m., at *Schloderer Brau*, in the Amberg pedestrian zone. Reservations are unnecessary, and admission is free. For more information, send an e-mail to chatelain@drachenwald.sca.org.

Education

- University of Maryland University College will administer finals May 16 to 20, and all students must now make appointments to take exams.
 - The University of Phoenix will offer a master of business administration through its FlexNet program. After three classroom meetings with an instructor, students participate in online discussions for three weeks.
- For more information, stop by your local education center or call 475-6219 in Grafenwoehr, 476-2653 in Vilseck or 466-2882/2668 in Hohenfels.

European Host program offers sites, seminars in Mainz, Berlin

IMA-EUROPE PUBLIC AFFAIRS

Space is available to senior officers and civilians for the European Host program June 26 to July 7. The orientation includes visits to historic sites in Berlin and Mainz, as well as a variety of lectures about the European Union and Germany's reunification.

The first part will be held in Mainz, the capital of the Rhineland-Palatinate, June 26 to July 2, and the second in Berlin, July 3 to 7. Those who wish to attend only the Berlin portion may join the group in Mainz on July 3 for the train ride north.

While in Mainz, tours will include the Kupferberg champagne house and the Johannes Gutenberg University, as well as the European Central Bank in Frankfurt, the European Parliament in Strasbourg, France, and a cruise along the Rhine with dinner at a local winery.

After arriving in Berlin, the group will visit the German parliament, the federal foreign office and the palaces of Potsdam (see pages 6 and 7). On the last day, they will see the city by boat before dining at the Nikolai Quarters.

The program is designed for public affairs officers, government relations advisors, teachers and international relations officers. The working language is English.

Sending organizations must provide temporary duty orders and pay travel expenses to Mainz and incidentals. The seminar fees of 1250 euros include two meals daily, accommodations in a double room and train travel from Mainz to Berlin and back. The single-room supplement is \$450, and fees will be reduced for those who attend one portion of the program.

For more information, contact Elfi Thompson at the Ministry of Education, Women and Youth, 06131-162905 or Elfi.Thompson@mbfj.rlp.de, by May 25.

von Steuben

Continued from page 7

began to teach marksmanship, marching drills and battle tactics. He chose 100 men and molded them into a company that he sent to train the others.

Attired in full military regalia, von Steuben whipped the sluggish Soldiers into shape. Because he spoke no English, he berated and swore at his charges in German and French, instructing his francophone aide to relay his curses in English. At the time, his methods were shocking, but they yielded quick results.

During his time at Valley Forge, von Steuben also worked to improve camp sanitation and supply systems. The policies and procedures he instituted are still in use.

At Washington's recommendation, Congress appointed von Steuben inspector general of the Army on May 5, 1778.

Von Steuben's efforts were rewarded when his previously ragtag troops encountered the British army near Monmouth Courthouse in New Jersey on June 28, 1778. As his men began a retreat, von Steuben halted it and reformed the troops while under heavy fire. The well-trained Continental Army responded and advanced on the British. Thus, von Steuben turned a potentially terrible defeat into a victory that proved a turning point of the war.

That winter, von Steuben wrote *Regulations for the Order and Discipline of the Troops of the United States*, a book of instructions for the conduct of enlisted men and officers, as well as the organization of units. Informally called *The Blue Book*, it has been described as "the finest example of German order and punctuality." Many of the details outlined in it are the bases

for structure and discipline in the modern U.S. military.

Von Steuben spent the remainder of the Revolutionary War helping to reorganize the Continental Army and assisting with supply and troop deliveries. During the battle of Yorktown, he commanded one of Washington's divisions. After the war, he assisted with demobilization and a defense plan for the new nation.

He was granted American citizenship in 1783 and lived in New York as a well-known denizen until he died.

A statue of Gen. Friedrich Wilhelm August von Steuben, a gift from the United States, stands in Potsdam.

Photo by Alice Adler



playtime

Falcons swoop back from brink

Box Run winners

The annual Hohenfels Box Run April 30 drew 144 racers.

In the half-marathon, Gabi Keck led the women with a time of 1 hour, 37 minutes and 3 seconds, followed by Vianne Newell (1:49:48) and Cara Hammer (1:58:29).

Among the men, Bernhard Reuter finished first (1:29:29), Jochen Doerr was runner-up (1:31:39), and Geoff Schmalz came in third (1:35:07).

Eva Kummert topped the female 10K competitors (0:45:27), Kim Lowman came in second (0:45:47), and Susan Biegeleisen placed third (0:52:18).

Peter Urban won the male division (0:38:47), followed by Kyli Bair (0:39:18) and Charles Givens (0:40:15).

Raytheon finished first among the teams (4:3:30), A3 Sports placed second (4:37:9), and PSB came in third (5:04:55).

Volleyball champs

The 100th Area Support Group Unit-Level Volleyball Championships were April 29 to May 1 in Hohenfels.

Two teams from 1st Battalion, 63rd Armor Regiment, of Vilseck – Company A and Headquarters and Headquarters Company – were winner and runner-up, respectively.

Both will advance to the Installation Management Agency-Europe level, May 12-15 in Wiesbaden.

BY KATHY JORDAN
TRAINING TIMES STAFF

After losses to defending Division II champions Black Forest Academy, the Vilseck soccer teams came back to tie or defeat Bitburg in games the next weekend.

The Vilseck girls lost to Black Forest, 1-0, on April 16. In the second half with 11 minutes remaining, the Lady Falcons’ opponent Miriam Townsend scored the only goal of the game. Black Forest’s Priscilla Buheitel had six saves, followed by Johanna Breslin with four. Vilseck’s Elizabeth Watsek made two.

“The Lady Falcons played ... very well but were not able to convert on their scoring chances,” said Coach Robert Loe, praising the contributions of Catherine Deeter, Cathy DelaRosa, Jessica Linka, Angela Odom and Lacey Wallen.

The Vilseck boys also lost after a hard game, 3-1. When their opponent Billy Reed scored the first goal, the Falcons responded with a penalty kick by Prince Osiang. At halftime, the score was tied, 1-1. In the second half, Reed and Preston Godbold each made goals for Black Forest.

“BFA’s defense was quite effective, and our defense had some breakdowns,” said Coach Robert Piccaro.



Lady Falcons Angela Odom (left) and Cathy DelaRosa put a tight squeeze on Ashley Weston of Bitburg during their game April 22. The match ended 1-1, with goals by Weston and Veronica Johnson of Vilseck. In other games that day, the junior varsity girls won, 1-0; the Falcons enjoyed a 6-2 victory over the Barons; and the JV boys’ game was a scoreless tie.

Photo by Kathy Jordan

David Armstrong and Ryan Fultz made assists for Black Forest. Although the Falcons had none, strong play by Osiang, goalie Kevin Pollock, Steve Tracy and Aaron Vernon kept the point spread to a minimum.

Junior varsity teams did not play.

On April 22, the Lady Falcons tied Bitburg, 1-1. Loe said of the match, “Both teams displayed tough field play in a game that was physical.”

Bitburg’s Ashley Weston and Veronica Johnson of Vilseck both scored in the second half. Meme Duperval made 15 saves for the opposing team, and Watsek, 10.

Aggressive play by her teammates DelaRosa, Linka, Mia McCall, Chikobi Murry and Wallen kept the game close.

In the junior varsity match, time was cut short, and the team played for 30 minutes – long enough for Vilseck’s Simona Womack to lead her team to a 1-0 victory.

Later, the Falcons trounced the Bitburg Barons, 6-2.

At halftime, Vilseck led, 2-0, with

goals by J.C. Aviles and Vernon.

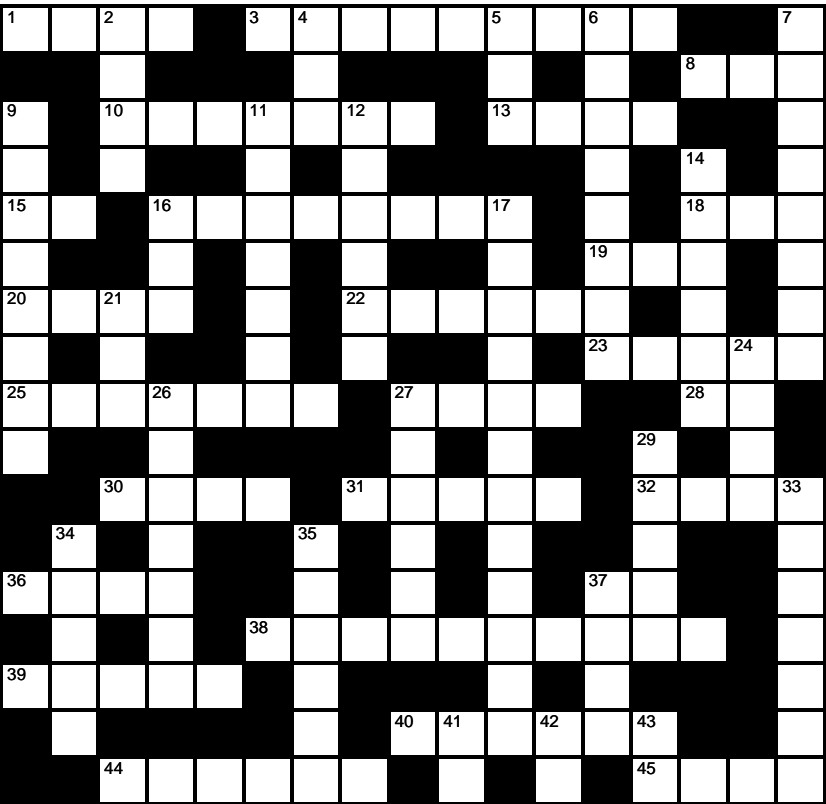
In the second half, their teammate Brandon Allen scored twice, and Vernon and Pollock each contributed one goal. Derek Neice of Bitburg made two for his team.

“It was a step in the right direction,” said Piccaro. “We have much to work on, but it is starting to come together.” He noted the actions of Bobby Bohn, Jamal Johnson, Osiang and Tracy as having helped keep their margin wide.

The junior varsity boys’ 30-minute bout ended, 0-0.

Crossword

Abloom with dandelions and daffodils, the world becomes ever more verdant at this time of year. Embark on this botanical puzzle and see how your knowledge grows.



- Across
- 1 Capsule of cotton plant

3 Amaranth or appearance-minded man

8 Deutsch for “organic”

10 Lemon-scented herb

13 No longer green

15 “Gather ____

16 Leaves atop

18 Lateral shoot

19 Variety of grass

20 Might ramble

22 Often made of bay

23 Gatsby’s girl

25 Monet painted field full

27 Not yet linen

28 Famously fertile valley

30 Unfurl, as with petals

31 Middle Eastern spice

32 Stem used for furniture

36 Maiden ____ fern

37 “Such fragrant flowers ____ give most odorous smell, but her sweet odor did them all excel.” — Edmund Spenser

38 Spotted lily (or butterfly)

39 Variation of violet

40 Produces pollen

44 Prosperous said to be in it

45 Sound pigweed might make

- Down
- 2 Evergreen oak

4 “Why is it no one ever sent me yet, ____ perfect limousine, do you suppose? Ah no, it’s always just my luck to get, ____ perfect rose.” — Dorothy Parker

5 British word for Romaine

6 Often planted to repel pests

7 Needles favored for flavor

9 Carnivorous growths named after goddess

11 Raspberry or blackberry, e.g.

12 Some sorts sting

14 Favorite of felines

16 Tree-lined drive (abbr.)

17 Roots brewed for cowboys’ quaff

21 Fluid (or fool)

24 Scatters seeds

26 Pith once used for scrolls

27 Source of water

29 Bough-covered bower

33 Poisonous parsley

34 Treat-yielding tree

35 Blooming bush

37 “Rough winds do shake the darling buds of May, and summer’s lease hath all too short a ____.” — William Shakespeare

41 “Let us be grateful ____ people who make us happy;

- they are the charming gardeners who make our souls blossom.” — Marcel Proust
- 42 Nicknamed Magnolia State (abbr.)
- 43 “Most people in the city rush around so; they have ____ time to look at a flower. I want them to see it whether they want to or not.” — Georgia O’Keeffe



Strength, smarts 'old one-two' for knockout fighter

BY KATHY JORDAN

TRAINING TIMES STAFF

After months of buzz, the pugilist's biopic *Million Dollar Baby* will make its way to the 100th Area Support Group arena this weekend, and Vilseck viewers who feel the fighting urge can do just as Hilary Swank's character does: head down to the local gym and learn the ropes.

Sgt. 1st Class Craig Shields, head coach, offers free boxing lessons at Memorial (formerly Hilltop) Fitness Center, providing gloves, chest protectors for women and other equipment needed.

Many think the sport involves no more than bounding on to the mat, swinging furiously, but Shields said a great deal of determination is a must for anyone who wishes to excel.

"Once you step in here and you go through your first bout ever, you know if it's for you or not," he explained. "It requires some self-sacrifice and some discipline. It's something the individuals have to instill in themselves. You have to make sacrifices. You have to come in, you have to work out, and you have to maintain a strict regimen — and you also have to watch your diet once you are in the season itself."

As the saying goes, however, no pain, no gain, and boxing has its benefits. According to Shields, this type of training primes the mind and the body, and both are key in contests.

"Physical conditioning is important, because if you go in the ring and you want to be competitive, it requires a lot of work," he said. "The amount of energy you expend requires a lot of discipline and attention. There are several steps you have to take. One is your stance in the ring; once you learn the stance, you have to learn how to hold your hands and how to throw your punches. You have to be able to mentally instill in your head basic principles, learn your different combinations, and once you get the basics down, you have to think about conditioning."

"Strength does you no good in the ring if you don't have the speed and you don't have the smarts," he added.

As a former amateur boxer, Shields' career record is 18 wins, two losses, but since suffering injuries not related to the sport, he has taken pleasure in vicarious victories.

"I found that I started getting a lot more enjoyment out of teaching people and working with the Soldiers, watching their



Photo by Kathy Jordan

Kyle Williams and Wendie McWhite tighten their gloves for a practice at the Memorial Fitness Center.

physical training scores come up," he said. "It's fun to show somebody who knows nothing the beauty of the sport."

When Shields arrived in 2002, he was asked to help train the local team. Two months later, he became head coach, and the Vilseck community boxers took the 409th Base Support Battalion title that year, as well as the next. Deployments prevented a triple win.

"What really hurt us was when people started going downrange because of the war ...," said Shields. "[2004]

would have been our third championship in a row."

He said he had tried to rebuild the team for its next tournament; at press time, they were to compete in the Installation Management Agency-Europe Boxing Championships, May 5 to 8 in Wiesbaden.

"We are starting from scratch now. I only have one person ... [who] is returning, and he leaves in May."

Not all the local boxers are aspiring prizefighters, however. Over the past month, 16-year-old Kirstyn Brower has been going in to get fit and said she intended to keep it up.

"I love boxing," Brower said, "and I have wanted to do it for a long time, but they did not have it where I lived in the States. ... It's a good workout, and it's fun to do. It's more than punching. You have to know how to balance. When you get in the ring, if you don't know what you are doing, one hit, and you are out."

Ruth McCarthy, mother of three, described the sport as her way of gaining an edge.

"I'm just training to learn, to defend myself and to get myself in shape physically and mentally," she said.

"Mentally, it helps build up my self-esteem, and physically, it helps my energy."

Another first-time boxer, Darrell Miller, agreed that it was top-notch exercise and gave other reasons why he loved the sport.

"I can meet new boxing partners in different communities," he began. "It's something positive, being over here in Germany. I think it is a great place to start."

William Dulay, assistant boxing coach, worked with the gym manager and other staff members to make it so. In September, they designed the present training area, and after two weeks, it was up and running.

"We recently changed our schedule from three days a week to five," said Dulay. Practices are held weekdays, 5:30 to 7:30 p.m.

The increase should make it easier for those who yearn to give the sport a shot and new enthusiasts, such as McCarthy.

"I see myself continuing to do this," she said. "My goal is to achieve physical fitness. This is the time I take for myself."

For more information about lessons, call program director Edward Hickman at 476-2214.

Local martial-arts team takes home title

BY DAN FRAIZER

409TH BSB RECREATION ASSISTANT

Five local martial-arts students traveled to Giebelstadt, Germany, April 16 for the Giebelstadt Open. The Shotokan Tigers, trained by Skip Mention, competed in *kata* and *kumite* disciplines. The former is an established sequence of movements, and the latter is hand-

to-hand combat.

William "The Tree" Maxwell, Company C, 1-214th Aviation Regiment, Grafenwoehr Flight Detachment, is a second-degree brown belt. Ray "Iron Leg" Zumwalt, Headquarters and Headquarters Company, 2nd Battalion, 2nd Infantry Regiment, in Vilseck, is a purple belt. Each

placed second in his *kata* and *kumite* competitions.

Zumwalt's wife, Michelle, also a second-degree brown belt, is a volunteer at Rose Barracks Fitness Center, where she teaches spinning and kickboxing, as well as a women's self-defense class. She was runner-up in *kata* and took third in *kumite*.

Another Rose Barracks Fitness Center volunteer, William Dulay, placed second in the *kumite* competition. Dulay is a second-degree black belt in tae kwon do.

Spec. Christine Follett, after an introductory four lessons, fought her *kumite* match against an opponent two grades higher, yet held her own.

Together, the Tigers won the synchronized team *kata* competition.

Practices meet at the Grafenwoehr Field House Thursdays, 5 to 6:30 p.m., and in building 221 on Rose Barracks Fridays, 7 to 8:30 p.m. Training sessions are broken into six-week blocks, with the next beginning this month.

Call 475-8361 or 476-2998 for details.

Web offers wealth of helmet hints

AMERICAN RED CROSS

Sunny days draw bicyclists to the open road, but even sidewalks are not without their perils. Fortunately, most serious injuries can be prevented by wearing a helmet. Before pedaling off, peruse these safety tips:

- ✚ Always wear a well-fitting helmet when riding. Even children with tricycles or training wheels should use them, and adults should set a good example at all times, especially when riding with children. The Bicycle Helmet Safety Institute offers information

on how to choose and fit a helmet at its Web site: www.helmets.org/fit.htm;

- ✚ Be sure that helmets meet standards set by the Consumer Product Safety Commission (www.cpsc.gov), the Snell Memorial Foundation (www.smf.org) or the American Society for Testing and Materials (www.astm.org) as well. Look for a label or a sticker on the box or inside the helmet indicating that it does;

- ✚ Wear closed shoes whenever riding;

- ✚ Make sure your bicycle

and your child's have good brakes, a front light and adequate reflective material;

- ✚ Ride only in safe areas and at safe times;

- ✚ Make sure each bicycle is the correct size for its rider;

- ✚ Learn about cycling etiquette, local laws and safe practices, and teach your children about them.

Brandilyn Edwards helps her daughter Laney learn to ride.

Photo by Alice Adler



now showing

Unless otherwise noted, the theaters in Grafenwoehr and Hohenfels are closed on Mondays and Tuesdays, and movies begin at 7 p.m. Because schedules are subject to change by local theaters, please telephone for verification.

Vilseck, Mike Jurkewicz (09662-83-1790)		Sunday, May 22	<i>Ice Princess</i> (G)	Friday, May 20	<i>House of Wax</i> (R)
Tuesday, May 10		Monday, May 23	<i>Hitch</i> (PG-13)	Saturday, May 21	<i>Because of Winn-Dixie</i> (PG)
Wednesday, May 11		Grafenwoehr, Camp Aachen (09641-83-6115)		Sunday, May 22	1 p.m. <i>Because of Winn-Dixie</i> (PG)
Thursday, May 12		The theater does not regularly screen films because of its limited use by troops. Tune in to AFN Bavaria for announcements or phone the number above to hear a recording.		Hohenfels, General Patton (09472-83-1790)	
Friday, May 13		Grafenwoehr, Tower (09641-83-1790)		Wednesday, May 11	<i>Because of Winn-Dixie</i> (PG)
Saturday, May 14		Wednesday, May 11	<i>Hitch</i> (PG-13)	Thursday, May 12	<i>Constantine</i> (R)
6:30 p.m. <i>Sahara</i> (PG-13)		Thursday, May 12	<i>Boogeyman</i> (PG-13)	Friday, May 13	<i>The Aviator</i> (PG-13)
9 p.m. <i>Cursed</i> (PG-13)		Friday, May 13	<i>Sahara</i> (PG-13)	Saturday, May 14	<i>A Lot Like Love</i> (PG-13)
Sunday, May 15	1 p.m. <i>Hitch</i> (PG-13)	Saturday, May 14	<i>Amityville Horror</i> (R)	Sunday, May 15	1 p.m. <i>Because of Winn-Dixie</i> (PG)
Monday, May 16		Sunday, May 15	<i>The Aviator</i> (PG-13)	Wednesday, May 18	
Tuesday, May 17		Wednesday, May 18	<i>Son of the Mask</i> (PG)	Thursday, May 19	<i>Amityville Horror</i> (R)
Wednesday, May 18		Thursday, May 19	<i>Cursed</i> (PG-13)	Friday, May 20	<i>A Lot Like Love</i> (PG-13)
Thursday, May 19				Saturday, May 21	<i>XXX: State of the Union</i> (PG-13)
Friday, May 20				Sunday, May 22	<i>Hitch</i> (PG-13)
Saturday, May 21					
6:30 p.m. <i>Amityville Horror</i> (R)					
9 p.m. <i>The Ring Two</i> (PG-13)					

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Clint Eastwood coaches Hilary Swank to Oscar, if not boxing, gold in the winning *Million Dollar Baby*.

The Aviator
Leonardo DiCaprio, Cate Blanchett and Kate Beckinsale
Martin Scorsese chronicles the life of Howard Hughes in the 1920s and '40s, when the eccentric billionaire made his most noteworthy contributions to films and aviation.

Because of Winn-Dixie
Jeff Daniels, AnnaSophia Robb and Cicely Tyson
Based on the Newberry Award-winning novel, this film tells of a lonely girl, the abandoned dog she rescues and the townspeople they inspire to change their lives for the better.

Be Cool
John Travolta, Vince Vaughn and Uma Thurman
In this sequel to the mobster comedy *Get Shorty*, the loan shark-turned-movie producer makes another career change when he decides to try his hand at the music industry.

Boogeyman
Lucy Lawless, Skye McCole Bartusiak and Barry Watson
A young man haunted by visions of the childhood myth devouring his father spends the night in his parents' house to confront his fears.

Constantine
Keanu Reeves, Rachel Weisz and Max Baker
A man who has been reincarnated after suicide must earn his salvation by sending demons back to the depths.

Cursed
Christina Ricci, Michael Rosenbaum and Shannon Elizabeth
Wes Craven takes a stab at werewolves, letting them loose in ultra-hip Los Angeles.

Diary of a Mad Black Woman
Kimberly Elise, Tyler Perry and Steve Harris
A woman's seemingly perfect life is turned upside-down when her husband announces he wants a divorce.

Hitch
Will Smith, Eva Mendes and Amber Valletta
A professional — and resolutely anonymous — bachelor who helps other men woo the women of their dreams falls for a gossip columnist whose biggest scoop could be blowing his cover.

House of Wax
Elisha Cuthbert, Jon Abrahams and Brian Van Holt
In this recast of the 1953 horror classic, a road trip to a college football game takes a turn for the worse when the fans become stranded in a town filled with hideously lifelike sculptures.

Ice Princess
Michelle Trachtenberg, Kim Cattrall and Joan Cusack
A teen misfit risks it all to pursue her dreams of figure skating, thrilling to the cutthroat competition and eventually going for the gold.

Million Dollar Baby
Hilary Swank, Morgan Freeman and Clint Eastwood
In this Oscar-sweeper, an ex-boxing manager and his injured prizefighter coach a brash young woman determined to slug her way to the top.

The Pacifier
Vin Diesel, Lauren Graham and Faith Ford



Uma Thurman and John Travolta heat up the dance floor in *Be Cool*, following on the heels of *Get Shorty*.



Michelle Trachtenberg is an *Ice Princess* in training.

A Navy SEAL who thinks himself fit for any mission is assigned to baby-sit the five children of a scientist killed while working on a top-secret government project.

The Ring Two
Naomi Watts, Daveigh Chase and David Dorfman
This sequel finds the tortured investigative reporter now living in a small coastal community, but she soon realizes that the relentless cycle of terror and death has followed her.

Sahara
Matthew McConaughey, Penelope Cruz and Steve Zahn
A master explorer embarks on a hunt for a long-lost Civil War battleship. Accompanying him on his perilous trek through Africa are a wisecracking sidekick and a dishy doctor.

Son of the Mask
Alan Cumming, Jamie Kennedy and Bob Hoskins
In this sequel to the cartoonish 1994 hit, a father realizes that his son was conceived under the powers of the mask, as the boy becomes an uncontrollable little fiend.

The Wedding Date
Debra Messing, Dermot Mulroney and Jack Davenport
When a woman hires someone to play her boyfriend for the wedding of her younger sister to her ex-flame, she finds herself attracted to her escort.

XXX: State of the Union
Ice Cube, Samuel L. Jackson and Scott Speedman
Fresh from his last successful recruitment in XXX, the renegade agent finds another new partner to help him track a dangerous military splinter group bent on overthrowing the U.S. government.